



# Heat Illness Tip Sheet

## *Tips for staying safe in the heat*

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### When it's hot outside: Preventing heat illness

**HYDRATE** before, during and after physical activity: Drink 8-10 oz of water every 15-20 minutes.

- Wear loose fitting, light weight clothing, a hat and apply sun-screen before going outside.
- Monitor length of time outdoors, rest frequently and seek shade.

**STAY in a cool environment:** Avoid exercise or strenuous physical activity outside during periods of extreme weather.

- Staying in an air-conditioned building is the best way to prevent heat illness

**STAY informed** about weather-related health & safety updates.

This tip sheet is a component of the Heat and Older Adults Safety Toolkit (HOAST)  
Please visit us [online](#)  
or email [extremeweather@azdhs.gov](mailto:extremeweather@azdhs.gov)

### Watch for common signs and symptoms of heat illness

**HEAT CRAMPS:** Muscle pains or spasms in arms, legs or abdomen.  
Heavy sweating.

**First Aid:** Apply pressure on cramping muscles or gently massage to relieve spasm. Give sips of water. If nausea occurs, discontinue water intake.

**HEAT EXHAUSTION:** Heavy sweating, weakness, cool, clammy & pale skin, nausea, vomiting, headache, dizziness, possible muscle cramping.

**First Aid:** Lay down out of sun. Loosen clothing & apply cool, wet cloths. Move to air conditioned room. Give sips of water unless nausea occurs. If vomiting persists, seek medical attention.

**HEAT STROKE:** High body temperature (above 103 degrees), red, hot, dry skin (no sweating), throbbing headache, unconsciousness, confusion, nausea, rapid, strong pulse.

**First Aid:** Call 9-1-1 or get to hospital. Move to air conditioned environment. Mist using water, fans or sponging. If body temperatures rise again, repeat process. Do not give fluids. (CDC, 2011)